



Tai Chi and Qigong Training for Women Veterans and Staff

FLEXIBILITY, STRENGTH, AND ENDURANCE
PAIN, STRESS, WEIGHT MANAGEMENT
ENHANCED PERFORMANCE
ACTIVE RELAXATION
IMPROVED FOCUS
BETTER SLEEP
MORE ENERGY
WELL BEING
TEMPO credit available for staff



NO COST
8 week series
Spaces limited

To register call 256-1901 ext 11052

See Events Calendar at www.madison.va.gov

William S. Middleton Memorial Veterans Hospital